

February classes & Happenings

Feb. 1, Friday

Downtown Artwalk at Barjon's Gallery: "Time Wheel" featuring Iron Mandalas

Description: Join us this evening in welcoming artist Sue LaFountain. Her opening exhibit entitled "Time Wheels" is a series of iron mandalas cut from plow disks. This is art derived from function, appropriate to the plains of eastern Montana, and her history.

Artist: Sue LaFountain has been experimenting with found materials for several years. More recently she has turned to "carving iron and steel". Her mandala series is the result. Sue is a member of the Billings Art Association, the Carbon County Art's Guild, and the Cody County Art League. Her work is exhibited in the Lewistown Art Center. Show will be up in Barjon's Gallery through March 8th.

Fee: Free Admission

5:00 to 9:00 pm

1 Session

Feb. 5, Tuesday

Natural Weight Loss and Management A Workshop

Description: Have you been trying to loose weight for a long time? Are you tired of "yo-yo" diets? Would you like to become and maintain your ideal size, weight and shape? Through self hypnosis, the power of the subconscious mind can create increased metabolism, correct eating habits, and untie emotional attachment to food. Hypnotherapy is an effective way to help you dissolve road blocks that prevent you from enjoying your true self and intended life purpose. This is a very safe environment and self disclosure is not required.

Instructor: Dan Geiger (Check out article on Page 3)

Fee: \$25.00. **We recommend early registration by 12:00 Noon, Tuesday, February 5. This class requires a minimum enrollment to be held.**

Bring: Wear comfortable clothing

7:00 - 8:30 pm

1 Session

Feb. 6, Wednesday

Healing With Teas

Description: Can you brew a perfect cup of tea? Tea properly brewed maintains its nutritional and healthful benefits, as well as having a good flavor. Cathie Boston will tell us how, plus much more about the world of teas. She will cover the four basic categories of teas: herbals, medicinals, yerba mates, and rooibos; explain the many beneficial uses of teas; and give suggestions for detoxing and cleansing the liver, lymph and digestive systems with specific teas. There will be time for questions in this lively hour and half program.

Instructor: Cathie Boston

Fee: \$18.00, includes numerous handouts, and a cup of perfectly brewed tea. **We recommend early registration by 5:30 pm, Saturday, February 2. This class requires a minimum enrollment to be held.**

Bring: note book and pen.

Recommended Reading: *20,000 Secrets of Tea*, by Victoria Zak, \$7.50; *Prescription for Nutritional Healing* by Phyllis Balch, \$23.95, and *Handbook of Native American Herbs*, by Alma Hutchens, \$14.95. 10% discount on books with class registration.

7:00 - 8:30 pm

1 Session

Feb. 7, Thursday

Art of Writing For Children: A Writers' Group

Description: Being a children's writer—or adult writer—can be a solitary journey, and at times it is difficult to be objective about one's own work. Creating, or being a part of, a writer's group can provide the opportunity for constructive feedback and encouragement when the going gets tough. Participants may bring five or six manuscript pages, or an entire picture book manuscript for critique. Writing exercises will be included in this session six years.

Instructor: Carina Camamile

Fee: \$10.00 (no preregistration required)

Bring: Pen and paper for writing exercises and notes.

7:00 - 9:00 pm

1 Session

Feb. 8, Friday

Spirit Message Circle

Description: In these interesting and uplifting group readings, spiritual intuitive Elizabeth Almann channels messages from spirit guides and angels and explains concepts of intuition and healing that are of interest to the group.

Instructor: Elizabeth Almann

Fee: \$22.00. **We recommend early registration by 9:00 pm, Wednesday, February 6th. This class requires a minimum enrollment to be held.**

Bring: pen and paper for notes.

6:30 - 8:30 pm

1 Session

Feb. 12, Tuesday

Mastering the Fundamentals of Investing

Description: Whether you're just beginning to think about investing for your future, or if you simply want a refresher course that takes you through the basics, this seminar provides great information that everyone should know. Topics include establishing your financial goals, the effect of taxes and inflation on your hard-earned dollars, strategies for building a solid portfolio, and how to make the most out of your relationship with your financial advisor.

Instructors: Julia Murphy and Theresa Danielle

Fee: Free Admission. RSVP (252-4398) by 10:00 AM, Tuesday, February 12, for lunch, courtesy of Julia and Theresa. You may bring your own lunch if you prefer.

12 Noon - 1:00 pm

1 Session

Feb. 12, Tuesday

Let Go of Tobacco ©, A Workshop

Description: Tired of smoking and chewing? Tried to quit a dozen times? Have you quit and then started again? Would you like to return to ideal health again? Stopping using cigarettes and chew tobacco is a process. This workshop teaches positive thinking and self hypnosis to allow you to remove those obstacles and barriers and move away from tobacco permanently. Unlike cold turkey methods that are usually temporary, Let Go of Tobacco © will allow you to live tobacco free without fighting it by combining the power of the conscious and subconscious. No personal information or self disclosure is required for success with this method.

Instructor: Dan Geiger, M.S. (Check out article on Page 3)

Fee: \$25.00. **We recommend early registration by 12:00 Noon, Tuesday, February 12. This class requires a minimum enrollment to be held.**

Supplies: Notebook, comfortable clothing

7:00 - 8:30 pm

1 Session

Feb. 13, Wednesday

Spirit Gifts Practice Group

Description: This fun, hands-on class is for all those who want to learn about or develop their innate psychic and intuitive gifts in order to bring deeper understanding and joy into their life experience. You will practice techniques for clearing and grounding your own energy, as well as intuitive modalities such as automatic writing, tarot & angel cards, energy reading, and dream interpretation. All you need to bring is something to write with and a positive intent. No prior knowledge is required, just a willingness to connect with spiritual guidance of the highest love and light and share your own unique perspective and experiences with others.

Instructor: Elizabeth Almann

Fee: \$16.00. **We recommend early registration by 9:00 pm, Monday, February 11, This class requires a minimum enrollment to be held.**

Bring: Note paper and pen.

Recommended Reading: *The Psychic Pathway Workbook*, by Sonia Choquette \$18.95, *Divine Guidance*, by Doreen Virtue \$14.95, and *Opening to Channel*, by Sonya Roman \$12.95 (10% discount with class registration.)

6:30-8:30 pm

1 Session

February Classes & Happenings

Feb. 16, Saturday (START DATE) Create a Belly Dance Top! Workshop

Description: Dancers, enhance your costume! Don't worry if you don't have a clue how to go about this.. If you have a desire to break out of the mold and get creative with other fun loving women, you are sure to enjoy this hands on workshop.. In addition to your finished dance bra, you will come away with new skill and ideas for making more wonderful costumes.

Instructor: Margo Land

Fee: \$40.00, includes many embellishing materials for decoration. However, you may want to bring metal bells and coins. Available from Barjon's, 10% discount with class registration. **We recommend early registration by 9:00 pm, Tuesday, February 12. This class requires a minimum enrollment to be held.**

Bring: A pair of scissors and one or two bras that fit you comfortably and are suitable for embellishing for belly dance wear*. (* call Barjon's for details. 252-4398)

2 Sessions

Feb. 16 & 23, Saturdays

1:30 - 4:30 pm

Feb. 20, Wednesday Full Moon Drumming Circle

Description: This monthly event follows the full Moon. We always welcome new participants; prior experience not required. If you don't have a drum, bring some other percussion instrument. Maracas or other rattles work well. Once someone brought a fiddle! It was great! All you need is something to keep a rhythm. Those who have extra drums are encouraged to bring one to share for the evening.

Instructor: This is a group effort. Everyone needs to gain strength and confidence, right? It happens only through practice. By just doing it we get better and have more fun. So we pass the lead around and learn from each other.

Fee: Free Admission (no pre-registration required)

Bring: An extra drum to share for the evening, if you can.

1 Session

7:00 - 8:30 pm

Feb. 28, Thursday

Art of Writing for Children: Book Critique Group

Description: Polish your writing abilities by discovering what works and why in children's literature. One of the most significant ways in which to improve writing ability is to read, read, read. We will explore picture books, middle grade and young adult novels through a lively discussion of what makes a book great, focusing on elements such as character, voice, plot, setting and dialogue. In a group setting we will analyze and critique pre-selected award-winning children's books. Titles to be read before class are listed below.

Instructor: Carina Camamile

Fee: \$10.00 (no pre-registration required)

Reading for Class: The Book Thief (\$11.99, YA novel), and Mrs. Biddlebox. (\$15.00, picture book) Receive a 10% on books when purchased with class registration.

1 Session

7:00 - 9:00 pm

Please Read...

1. Classes can fill quickly, so early registration is recommended.
2. Courses with low enrollment may be cancelled. In such cases your fee will be refunded.
3. If you change your mind about a class, please call to cancel to someone else may attend.
4. In order to receive a refund, cancellation notice MUST be received at least 3 business days IN ADVANCE to the start of the class.
5. Barjon's does not send confirmation cards.

Instructors

Elizabeth Almann, M.Ed

Elizabeth Almann, M.Ed.; Intuitive Guidance, Energy Healing, & Personal Development Classes. Website www.elizabethalmann.com.

Lori Blaylock

Lori Blaylock has a Bachelor of Arts Degree with concentrations in Ceramics, Watercolor and Drawing. She owns her own studio in Billings, Montana: 2Dog Studio. Lori's personal spiritual practice includes oracle cards, Tarot and Runes. She has been working with various divination tools since 2006.

Cathie Boston

Cathie Boston has been studying herbal and medicinal teas since 1990. She opened her tea business, Boston Harbor, in Billings, in 2002.

Carina Camamile

Carina Camamile is a published poet, a children's writer and avid children's book reader. She has been writing, reading and studying children's literature for over 8 years. Her studies have included workshops with many Newbery and Caldecott winning children's authors, including Mo Willems, Richard Peck, and Paula Danziger.

Dan Geiger, M.S.

Dan Geiger, M.S., is an adjunct professor of psychology and counseling at MSU-B and conducts a private practice, specializing in hypnotherapy. See his article in this newsletter, Page 3.

Elizabeth Klarich

Elizabeth Klarich began her life-time commitment to yoga teaching in 1974. She has taught a broad range of people in many venues, including businesses, schools, hospital, prisons, addiction treatment centers, senior centers, yoga and dance centers, fitness centers, and television studios. Her eclectic style integrates her broad based training with her personal intuitive style. Her personalized heart-centered approach makes yoga user-friendly for all. Please phone Elizabeth with any questions concerning her instruction (245-6256).

Margo Land

Margo Land has been dancing for about 14 years and sewing garments for herself and other dancers for the past eight years. Her costumes are unique and gorgeous! A belly dance regalia sale and exchange at Margo's is always an event.

Julia Murphy / Laura Harper

Julia Murphy and Laura Harper both have several years' experience in all areas of Belly Dance: steps, veils, sword and elements, including costume design, jewelry and makeup.

Julia Murphy / Theresa Danielle

Julia Murphy is a Financial Consultant with RBC Dain Rauscher, and Theresa Danielle is a Certified Financial Planner, Associate AP-Financial Consultant, with RBC Dain Rauscher.

Omi Preheim

Since 2002, Omi Preheim has taught basic astrology classes in Billings. Actively studying and practicing astrology since 1995, Omi has been a frequent guest on the "Woo Woo Girls" on Community 7 Television. Omi has also taught advanced "Western Locality Astrology and Feng Shui" for astrologers. See her article on Page 2 of this newsletter.

Jacque Richey

Jacque Richey spent ten years as an instructor of Parelli Natural Horsemanship, which teaches humans how to interact with horses by understanding the psychology of the animal. She has worked as a teacher and consultant for the last ten years, helping people understand and work with their animal friends better. Initially, Jacque began with horses. Her work has grown to include dogs, cats, birds, and even frogs. She lives in Bozeman with her husband, two children and her animal friends.

Sharon Winnett

Sharon Winnett is a Reiki Master/Teacher and massage practitioner. She offers attunement workshops at all levels. She also has 20 years experience in the healing arts and works with many forms of vibrational healing. She is an intuitive healer and offers spiritual life coaching through her private healing practice in Billings.